

Licensed Professional Counselor in North Carolina Professional Disclosure Statement

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I invite you to read this prior to selecting me as your counselor. This document is part of the Standards of Practice of the North Carolina Board of Licensed Professional Counselors (LPC) as stated in Section 90-343 of the LPC Act. The Disclosure Statement is designed to inform you of my professional credentials, types of service offered, fee schedule, and therapeutic orientation and style.

Counseling Philosophy

I believe counseling is an effective way to help you identify your personal strengths and develop ways to live life more fully. Counseling will be effective when both you and I are actively involved in developing counseling goals and assessing progress. Efforts to change self-perception, emotions, and behaviors require work both in and out of session. Some change will occur quickly and easily, but more often change requires slow, deliberate, and repeated efforts. You should be aware that while counseling interventions offer potential benefits, they also present possible risks. Such risks might include uncomfortable feelings of sadness, guilt, anxiety, anger or frustrations as you discuss unpleasant aspects of your life, or experience difficulties with other people as you change. Furthermore, as a result of your personal growth, you might experience feelings of discomfort until you adjust to the changes within and they become a routine part of your life. Nevertheless, weigh the potential risks against the benefits, which might include such assets as gaining insight into your problems, developing coping skills and resources, and changing yourself so that participating events in life and daily activities generally become a more positive experience.

I treat my clients with “compassion” and offer them “skill-based coaching” to keep the clients motivated in treatment. In addition, I believe clients are seeking someone to build trusting relationship where they feel it is safe to “learn” ways to move forward and past the trauma or crossroads in their life.

Qualifications

My clinical practice as a psychotherapist has been to serve the Triad and surrounding areas with an eclectic approach to therapy. I have been working with the mental health population for 20 years and I have seen a great need for skilled based interventions to treat people whom endure several changes during our State’s mental health reform (i.e. changes with providers and criteria for services). I offer a continuity level of commitment to provide therapy. My style of therapy uses techniques drawn from several different schools of thought, which is Eclectic Therapy. It is a more flexible approach that allows me to adapt each client’s individual needs. I recently adapted Dialectical Behavior Therapy (DBT). Other evidenced-based modalities are Seeking Safety, which helps people whom experience trauma and addiction to substance, free themselves from negative behaviors and move towards feeling themselves from trauma at an emotional level. I use Exposure therapy for people diagnosed with PTSD by exposing them to trauma memories and triggers. Another therapy I use a Motivational Enhancement, to engage the client and retain them in treatment.

I just recently started to embrace MindBridge NLP Coaching method as a way to help my clients' mood through treatment and achieve their outcome. NLP stands for Neuro-Linguistic Programming (NLP), which is a very powerful methodology that helps people make dramatic shifts in their lives. It is based on the idea that with our physical senses we are only able to perceive a small amount of the world. Our view of the world is filtered by our experiences, beliefs, values, and assumptions. NLP embodies several techniques that can change the way people think, learn, and communicate. In addition to using, I am using coaching interchangeably with NLP. Coaching is a powerful interactive process that helps individuals to develop personally and professionally more rapidly and produce more satisfactory and fulfilling results. I will listen and notice patterns of success and limitations, to customize an approach to your needs, and to elicit solutions and strategies from you.

Training:

B.A. in Psychology, North Carolina Central University - 1997

M.A. in Agency Counseling, North Carolina Central University - 2003

Professional Organizations Which I Am a Member

American Counseling Association American Psychological Association

Experiences Obtained and Mental Health Settings:

Private Practice

Community Mental Health Agencies

University Counseling Center

Family Violence Prevention Center

Rape Crisis Agency

Provider services to:

- Children
- Teenagers
- Adults
- Couples
- Families

Counseling Services offer assists with:

- Reducing conflicts and enhancing secured relationships
- Healing couples by strengthening their positive interactions, while healing their hurts and frustrations
- Creating a healing family environment
- Dealing with the physical manifestations of trauma/ PTSD/ traumatic grief ·Improving self-esteem/ self care
- Parenting support and enhancing the parent child relationship
- Anger management
- Depression/Mood Disorders

Specialization:

- Dialectical Behavior Therapy
- Cognitive Behavioral Therapy
- Play therapy
- Mindfulness
- Life Coaching

Session Fees and Length of Service

A clinical comprehensive assessment is \$150 for an hour session. Psychotherapy specifies fees are based on type of service as being rendered (i.e. individual, family, and group). The standard fee-for-service for psychotherapy is \$120 per hour.

Specific fee charges are based on the type of services being provided. If there is a financial hardship prior or during rendered services, the guardian(s)/client's need would be assessed to determine assessable means to meet sliding scale fee. If guardian(s)/client meets the financial guidelines for financial hardship, documentation or proof of need to be required.

Method of payment accepted:

- Check
- Cash
- Credit Card

Standard services provided are psychiatric diagnostic evaluations and psychotherapy. The psychotherapy consists of individual, family, and group therapy. The length of the therapy sessions may range from 16-35 minutes, 38-52 minutes, and 53+ minutes. Session duration is not a focal point in session, the focus is client's ability to engage in treatment with the focal point of reaching clients desirable outcome.

Use of Diagnosis

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require that a diagnosis of a mental-health condition and indicate that you must have an "illness" before they will agree to reimburse you. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis before we submit the diagnosis to the health insurance company. Any diagnosis made will become part of your permanent insurance records.

Confidentiality

All of our communication becomes part of the clinical record, which is accessible to you upon request. I will keep confidential anything you say as part of our counseling relationship, with the following exceptions: (a) you direct me in writing to disclose information to someone else, (b) it is determined you are a danger to yourself or others (including child or elder abuse), or (c) I am ordered by a court to disclose information.

Complaints

Although clients are encouraged to discuss any concerns with me, you may file a complaint against me with the organization below should you feel I am in violation of any of these codes of ethics. I abide by the ACA Code of Ethics (<http://www.counseling.org/Resources/CodeOfEthics/TP/Home/CT2.aspx>).

North Carolina Board of Licensed Professional Counselors
PO Box 1369
Garner, NC 27529
Phone: 919.661.0820
Fax: 919.779.5642
E-mail: ncblpc@mgmt4u.com

Acceptance of Terms

We agree to these terms and will abide by these guidelines.

Client: _____ Date: _____

Guardian/ Parent: _____ Date: _____

Counselor: _____ Date: _____